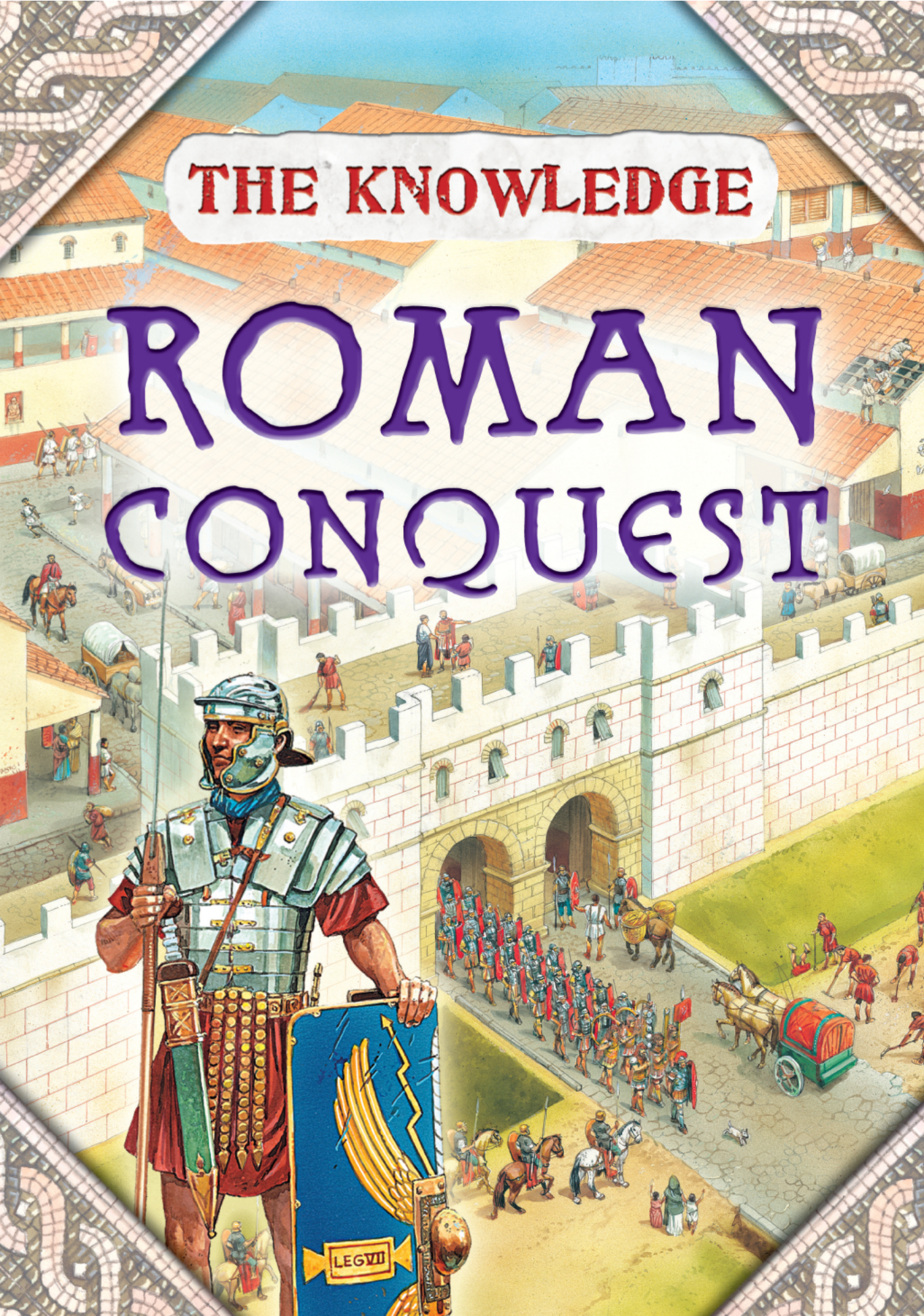


THE KNOWLEDGE

ROMAN CONQUEST



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 Orpheus

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INTRODUCTION

THE ROMAN EMPIRE is getting bigger by the day. Its great success in conquering new lands is due mainly to the superb organization and fighting skills of its army, and the leadership abilities of its generals. Rome wants new lands in its Empire to bring in wealth such as food and natural resources – copper, tin, iron and precious metals – as well as slaves, goods and taxes.

Your challenge is to conquer a barbarian region and make it part of the Empire. First you must read up on the history of Rome, to learn how it built up its great army. Next you must familiarise yourself with life in everyday Rome—once you have conquered a region, you must Romanize it by building proper roads and towns in your province. You will meet the different types of soldiers under your command and see how the army is organized. You will learn how to attack the barbarians, set up camps, and build a frontier fort for your men. Finally, if all goes well, you will see your province prospering and bringing wealth to the Empire.



▼ According to legend, Rome was founded by the twins Romulus and Remus, who were raised by a she-wolf. As adults they decided to build a town, but quarrelled over where to place it. In the fight that ensued, Romulus killed his brother.

1. ANCIENT ROME

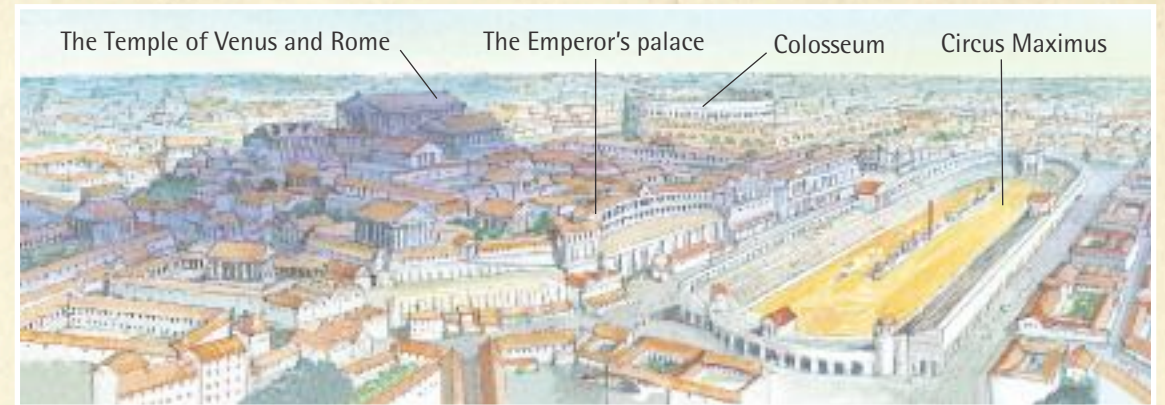
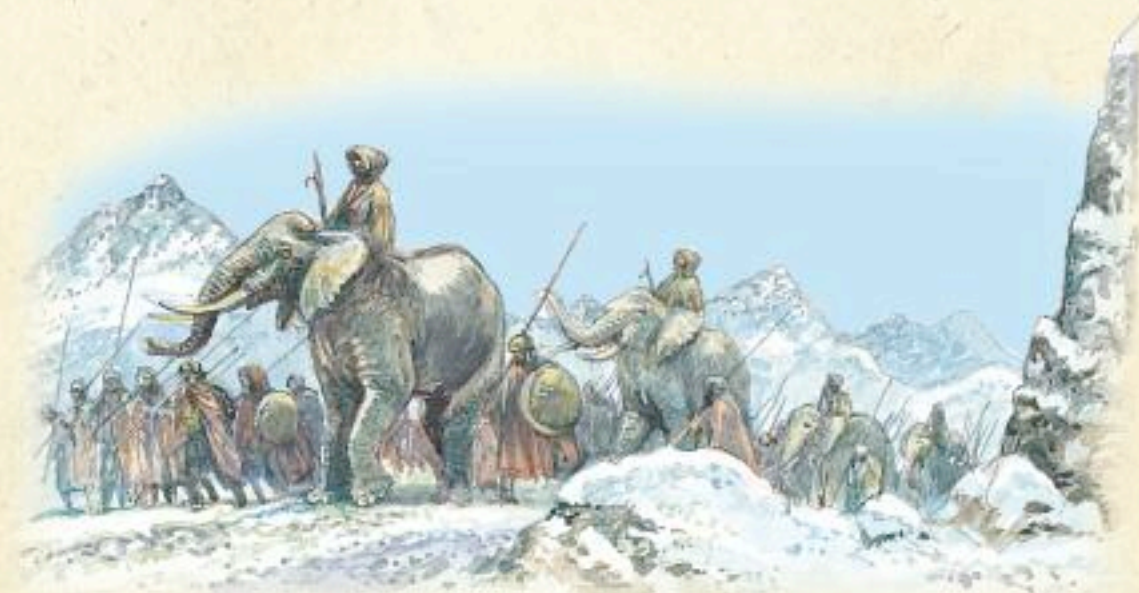
SO WHO WERE THE ROMANS and how did they come to build their vast empire? Around 300 years ago, a tribe of people, who spoke a language called Latin, settled on the banks of the River Tiber in Italy. In time, this settlement became a town called Rome. Early Rome was ruled by kings, but the people decided in 510 BC to establish a republic with a leader who was chosen by the people for a set length of time.



▼ Hannibal, the Carthaginian general, led his army of men and elephants across the Alps to fight the Romans (see page 8)

The republic was ruled by a government called the Senate. Members of the Senate, called senators, were exclusively men from noble Roman families. Each year, the senators elected two consuls from their number. The consuls governed Rome for one year, in agreement with each other, and advised by the Senate. It was the consuls' responsibility to appoint new senators. Once chosen, senators served for life.

Gradually, Rome became more and more powerful, taking over surrounding territories. By 264 BC, it controlled most of Italy. The Romans started to look further afield.



In 59 BC, Julius Caesar (*below*), a clever politician and general from a wealthy Roman family, was elected consul. As a general, he conquered many new lands for Rome. But it was



not long before he wanted to govern Rome in his own way. He became governor of parts of southern Gaul (now France) and brought northern Gaul under Roman rule. He returned to Rome in triumph and began to rule it as a dictator (someone who has absolute power) in 46 BC. But some senators were jealous of Caesar and wanted to regain power for the senate. In 44 BC, a group of senators stabbed him to death in the senate house in Rome.

Following Caesar's death, two men battled for power. One was Octavian, Caesar's adopted son, the other Mark

Anthony, a consul and the lover of Cleopatra, Queen of Egypt. Octavian defeated Anthony at the Battle of Actium in 31 BC, and became the first *imperator*, or emperor, of Rome. He called himself Augustus, which means "deeply respected one". Augustus brought peace to Rome, but before his death he chose his own successor. From then on, the Romans could not choose their leader.

▲ Famed for its magnificent buildings, ancient Rome, a city of more than one million people, was the capital of the Roman Empire and the home of its emperor. Rome's wealthy citizens lived in great luxury, while everyone else was crammed into overcrowded apartment blocks that lined the narrow streets.



▲ Emperor Augustus, the first emperor of Rome. The emperor's crown was a laurel wreath, a sign of military success. Emperors ruled over Rome for over 400 years.

THE PUNIC WARS

The wars between Rome and Carthage are called the Punic Wars. The first war broke out in 264 BC over the island of Sicily, which lay directly between Italy and Carthage. Much of the fighting took place at sea, and at first a victory for Carthage looked certain. Then the Romans built a massive fleet, which finally defeated Carthage in 241 BC. But that was not the end of the story.

► One of the most fearful weapons Carthage had in its armoury were its fighting elephants. The elephants' trunks and tusks were dangerous weapons, and there was the ever-present danger for the soldiers of being trampled underfoot.

Long spear to reach the enemy below

Mahout, or elephant trainer

▼ Towers and castles to carry soldiers were fastened to the elephants' backs by ropes or chains. The towers made the elephants look even bigger and helped to protect the soldiers from arrows and other missiles.

In 219 BC war between Rome and Carthage broke out again when Carthage attacked a Spanish city that was an ally of Rome. It then set about invading Italy.

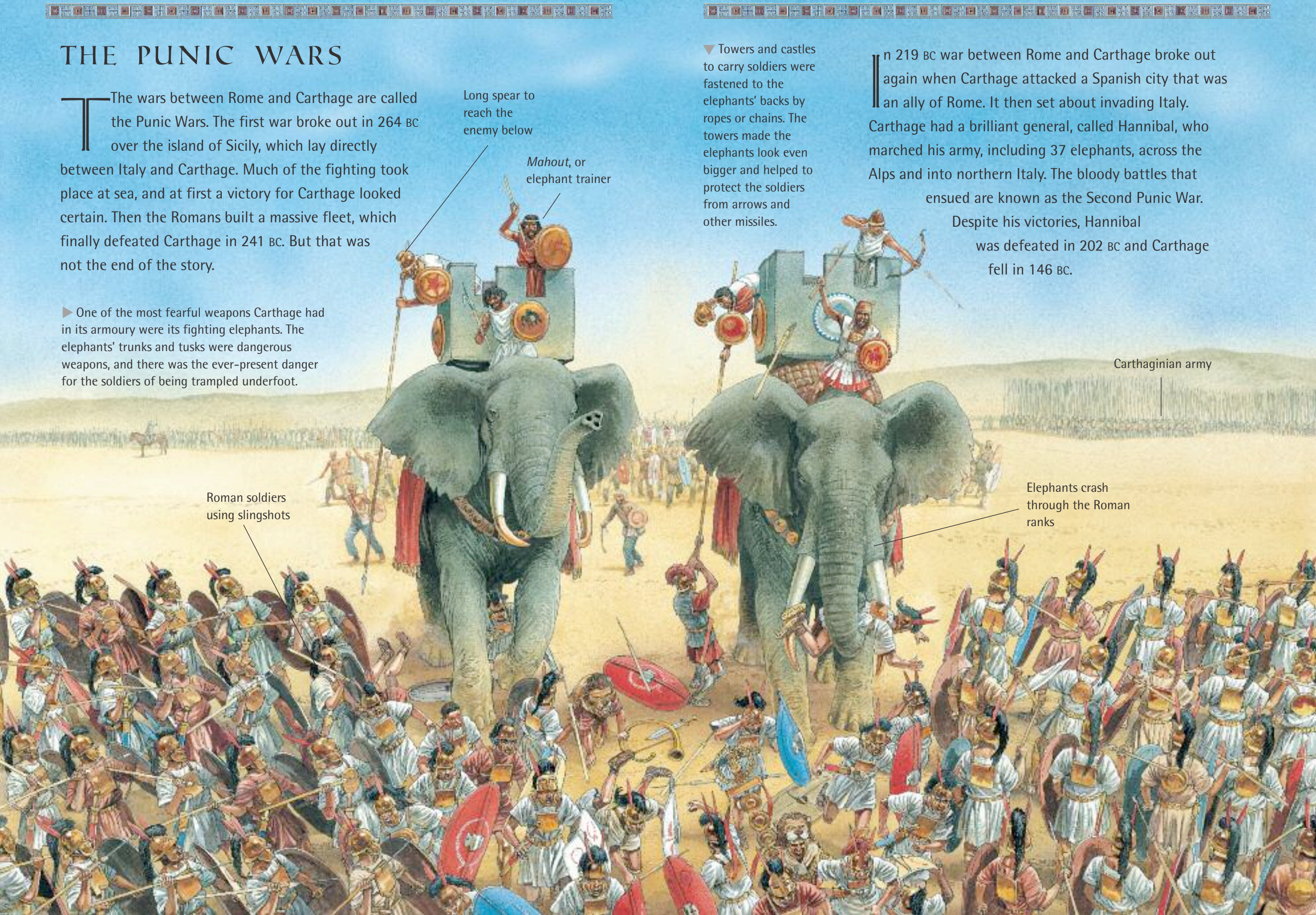
Carthage had a brilliant general, called Hannibal, who marched his army, including 37 elephants, across the Alps and into northern Italy. The bloody battles that ensued are known as the Second Punic War.

Despite his victories, Hannibal was defeated in 202 BC and Carthage fell in 146 BC.

Carthaginian army

Roman soldiers using slingshots

Elephants crash through the Roman ranks



► Britain was one of the Romans' conquests. Queen Boudicca and her tribe, the Iceni, rebelled against the Romans and recaptured many of their towns in Britain before being defeated.

▼ At its peak, in the second century AD, the Roman Empire included all the lands bordering the Mediterranean Sea, as well as much of western and southeastern Europe. Julius Caesar conquered Gaul, most of Spain and parts of North Africa.

THE ROMAN EMPIRE

Over the next 150 years, the Roman

Empire grew even larger, bringing Rome wealth and slaves from other parts of Europe, Africa and Asia.



Violent rebellion broke out in some places, including Britain, under Boudicca, queen of the Iceni tribe, in about AD 60, and Judaea, when thousands of Jews rebelled in AD 66. But for two centuries from the start of Augustus's rule in 27 BC — a period known as *Pax Romana* — there were no major wars in the Empire.



▼ One of the most cruel emperors was Nero, who was Caligula's nephew. In AD 64 a great fire burned for nine days and destroyed half of Rome. It was rumoured that Nero, himself, had started the fire.

THE FALL OF ROME

Some Roman emperors were good rulers, like their first emperor, Augustus. Other emperors were brutal. Tiberius (ruled AD 14 to 37) strengthened the Empire but became a tyrant feared by all. His successor Caligula (ruled AD 37 to 41) continued the reign of terror. Caligula was probably mad: he once made his horse a consul and had a palace built for it.

In AD 117, the Roman Empire reached its largest extent under the rule of Emperor Trajan (ruled AD 98 to 117). However, it was not long before plague, famine and barbarian attacks began to weaken the Empire. In AD 260, Rome was defeated by Persia and abandoned parts of eastern Europe.

Then, in AD 370, the Empire was invaded by Huns from Asia and Barbarians from the north and east. This led Rome to withdraw from Gaul and Britain. In 395 the Empire was split into two — East and West. The West was rapidly overrun by Barbarians, who destroyed Rome in AD 455.



▼ Barbarian vandals destroy Rome in AD 455.



TRAINED PROFESSIONALS

At first the Roman army was made up of ordinary citizens, using their own weapons and only fighting in times of war. But at the height of the Roman Empire, soldiers were highly trained professionals. Soldiers' wages were good and the army paid for their food, clothing and weapons.

2. THE ARMY

ROME ALWAYS WANTS NEW lands in its Empire to bring in wealth such as food and natural resources – copper, tin and iron – as well as slaves, goods and taxes. But how do they go about claiming new lands? Founding a new province depends largely on the strength of the Roman army. The army are sent to the farthest reaches of the Empire to conquer new territories and establish settlements there.

The Roman army is divided into legions, which are made up of cohorts, centuries and contubernia.

The contubernium is the army's basic unit. It consists of eight soldiers who will live, train and fight together throughout their time as legionaries. Ten contubernia (80 men) make up a century, commanded by a centurion (see page 18). Six centuries make up a standard cohort. In each legion of 6000 men there are nine standard cohorts and one special cohort, called the prima cohort, which is made up of 10 centuries, or 800 men.



LEGIONARIES

Roman footsoldiers were known as legionaries. They were Roman citizens, at least 1.75 m tall and physically fit with good eyesight. A legionary wore an iron helmet and armour over a woollen tunic and leather kilt. He carried a *gladius* (sword), a dagger, a *scutum* (shield) and a *pilum* (throwing spear).

Legion with support staff

Cavalry (120 men)

Legion: nine cohorts of six centuries plus one prima cohort of ten centuries

Cohort (480 men): Six centuries

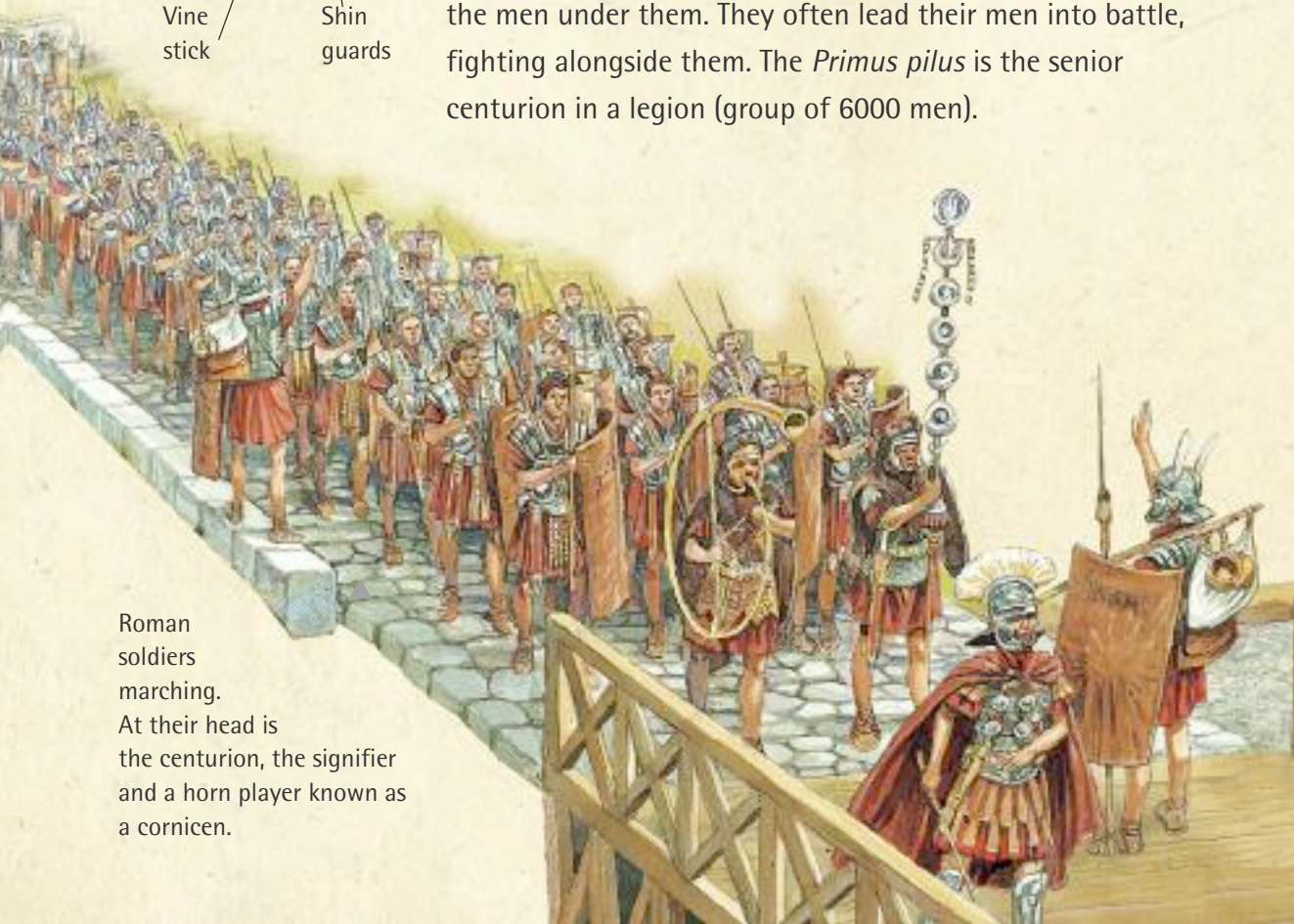
Century (80 men): Ten contubernia



SOLDIERS

The strength of the army depends on its superb organization, excellent training and the leadership of its generals. There are several ranks within the army, from basic footsoldier right up to the general of the army. Each rank has its own rights and responsibilities. A soldier's rank can easily be told by observing the details of his uniform.

Every century (see page 17) consists of 80 legionaries (footsoldiers), a centurion (commander) and a signifier (standard bearer). The centurion (left) wears silvered armour, decorated with disc-shaped medallions called *phalerae*, and a plumed helmet to show his higher rank. He carries a crooked vine stick used to beat disobedient soldiers. Centurions are responsible for the training and discipline of the men under them. They often lead their men into battle, fighting alongside them. The *Primus pilus* is the senior centurion in a legion (group of 6000 men).



Roman soldiers marching. At their head is the centurion, the signifier and a horn player known as a cornicen.

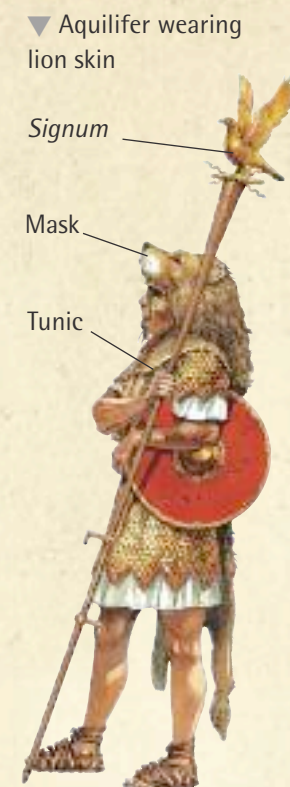
The signifier (below) carries the century's standard (*signum*) – a military flag or pole, marched into battle. Signifiers also organize the soldiers' "burial club". Legionaries pay a small amount of their salary each week into this fund towards the cost of their funeral.



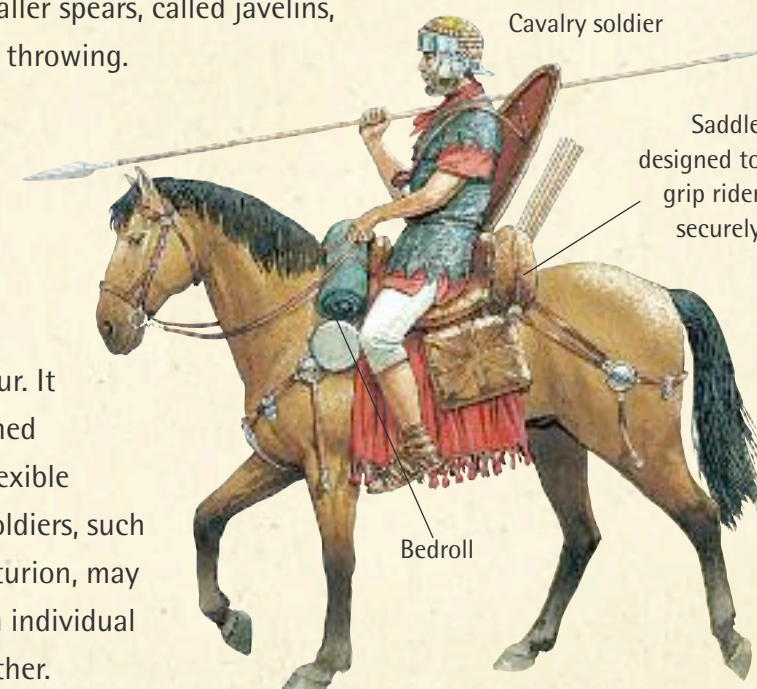
▲ This signifier carries a standard made up of *phalerae* (disc-shaped medallions) with a hand at the top. The number of discs shows which century the standard belongs to.

The bearer of the legion's standard, a gold or silver eagle, is called the *aquilifer* (right). The eagle is called the *aquila*. Standard bearers have a great responsibility not to lose the standard in battle. This would bring disgrace to the whole legion. The army goes to great lengths to protect the standard bearer and to recover the *aquila* if it is lost.

There are about 120 cavalry soldiers in the legion (below, right). They often come from wealthy families. The cavalry soldier carries a sword, a one-handed fighting spear and several smaller spears, called javelins, for throwing.



▲ The spike at the bottom of the standard can be used to plant it in the ground.



All soldiers wear *cuirass* – leather or metal body armour. It is made of several strips joined together to make it more flexible than a single piece. Some soldiers, such as the signifier and the centurion, may wear chain mail, made from individual chains of metal linked together.

▼ A shield protects the legionary's body while he fights with his right hand.

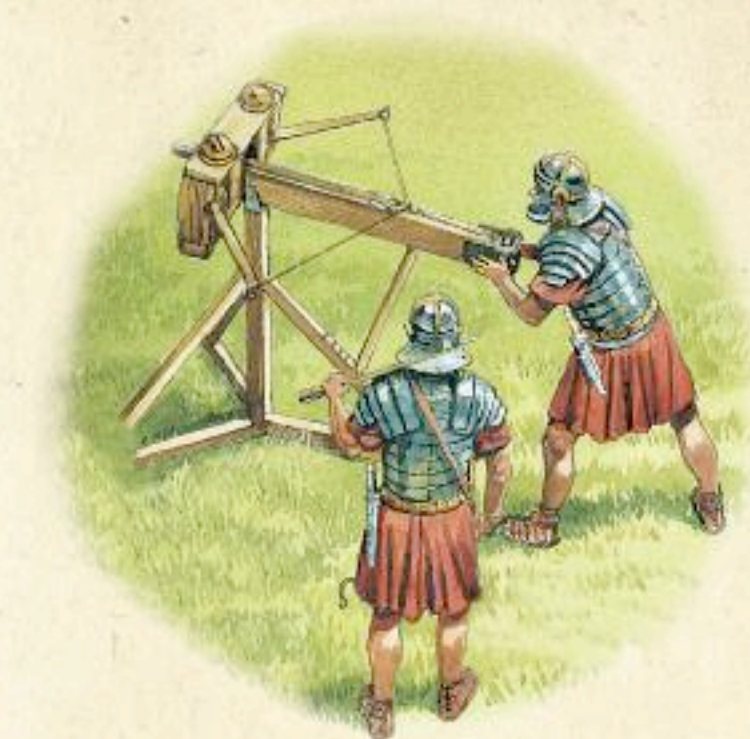
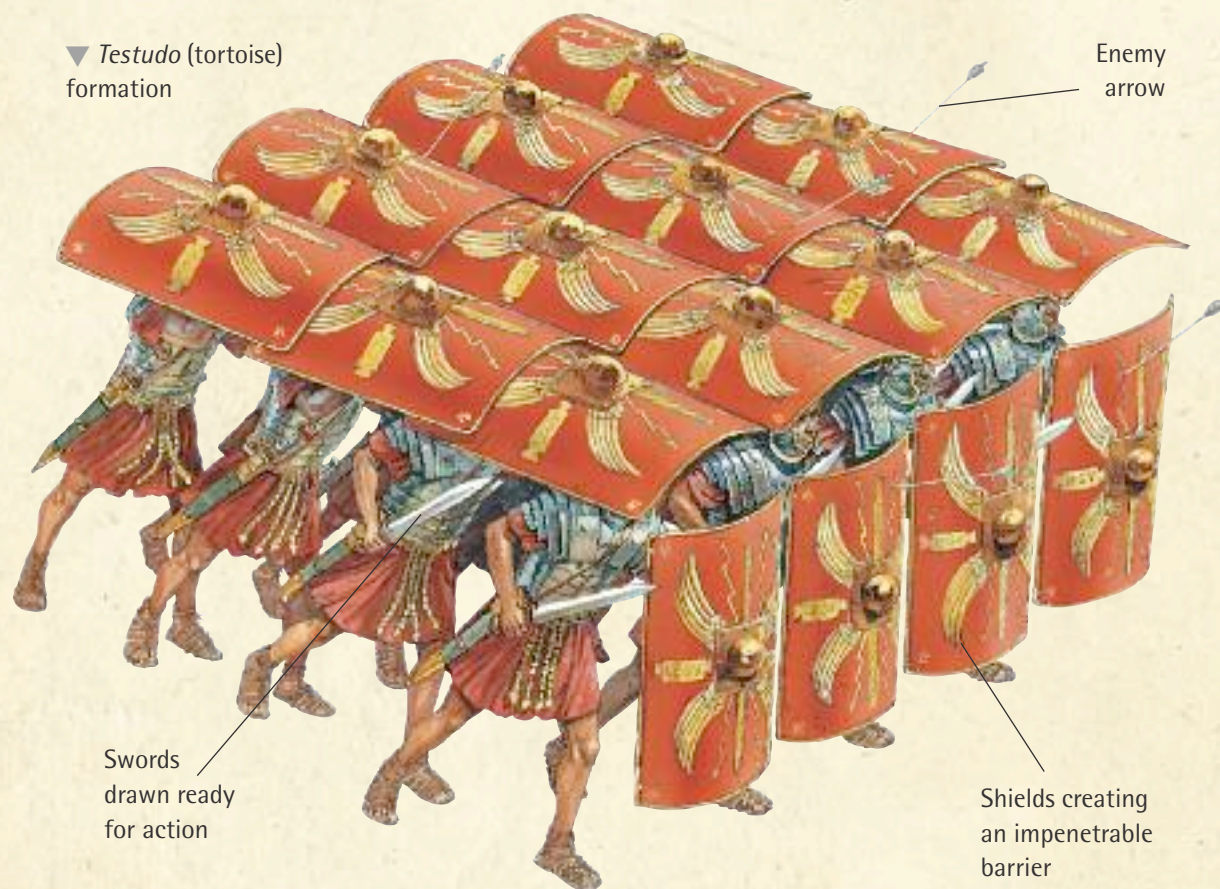


BATTLE TACTICS

In order to defeat the local tribes, the army must be strictly organized and well-equipped. They use the same tactics whenever they go into battle. The most important of these is maintaining an unbroken frontline. The soldiers surge forwards with their shields overlapping. This makes it hard for weapons to break through the line of shields.

Advancing soldiers often use a fighting formation called the *testudo*, or tortoise (*below*). The men overlap their shields above their heads and in front of their bodies as they move forwards. This creates a very effective barrier against spears and arrows, and allows the men to get close to the enemy — particularly useful during a siege.

▼ *Testudo* (tortoise) formation



◀ Behind the advancing army, two legionaries load a *ballista*, ready to fire over the heads of their soldiers.

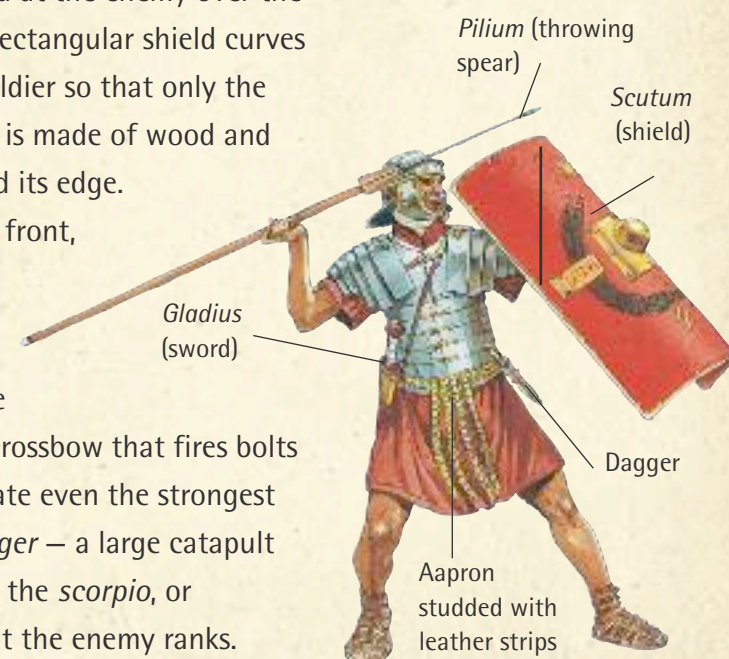
SIEGE

To capture cities, the Roman army mount a siege, surrounding the walls so that nobody can escape, nor any food or equipment be brought in. Soldiers then use catapults to launch rocks at the city walls, or battering rams to break down the city gates.

All men use their weapons in their right hand and their shield in their left. There is no room in tight fighting formations to have some the other way round. Sword fighting is for combat at close quarters. From a distance, javelins can be launched at the enemy over the heads of the men. In combat, the rectangular shield curves around the body, protecting the soldier so that only the fighting arm is exposed. The shield is made of wood and canvas, reinforced with iron around its edge. An iron lump, called a boss, on the front, deflects most blows from swords.

The Romans are also equipped with military machines, such as the *ballista* (*above*), a large powerful crossbow that fires bolts tipped with iron. These can penetrate even the strongest armour. The army also use the *onager* — a large catapult used to fire rocks at city walls, and the *scorpio*, or triggerfish, which catapults darts at the enemy ranks.

▼ Behind the front line of advancing ranks, legionaries throw javelins at the enemy troops.



Cargo ships are bulky and slow compared to a sleek and powerful quinquereme.

Cargo ship

FLOATING ARMY

Ships are vital for transporting the army from place to place. It is cheaper and quicker to transport goods or troops by boat than any other form of transport. Quinqueremes (*below*) can transport up to 120 soldiers at one time.

The *corvus* is a platform lowered on to the deck of an enemy ship, used by the soldiers to board it.

Ballista

This bronze-tipped battering ram is used to hole enemy ships.

Food and water supplies are stored near the bow of the vessel.

There are 92 oars on each side of the ship.

BARBARIANS

The word "barbarian" originally came from the ancient Greeks, who used it to describe anyone who spoke a language they could not understand — a foreigner. The Romans applied the word to the peoples outside their vast empire, including the Huns, the Goths and the Vandals.

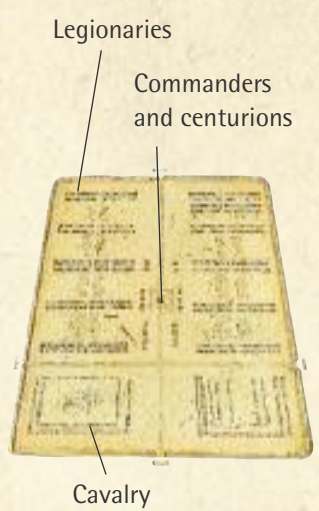
4. EXPANDING THE EMPIRE

BEFORE A NEW province can be established, the army must crush any local opposition. The barbarians here are putting up a good fight, but they do not have the equipment or structure of the Roman army.

The Romans push forwards with an unbroken front line. Some of the troops are kept in reserve to replace tired or fallen men, filling in any gaps that appear. For maximum advantage, the Romans position their troops with the sun behind them, so that it glares in the face of the enemy.

▼ The barbarians have mustered a large army to face the Roman invasion. As both armies go into battle, the Roman commander rides at the back of his soldiers, issuing orders.





▲ Marching camps are usually constructed in a square or rectangular shape. Commanders and centurions are based at the centre of the camp with legionaries on either side of them. The cavalry are based at one end of the camp.



◀ The army marching in a column.

MARCHING CAMP

To reach its destination, the army marches 30 kilometres a day in an organized column (*above*). Scouts go ahead of the main army, followed by standard bearers, camp builders, legionaries, generals, baggage mules, cavalry and auxiliaries — additional soldiers recruited for the campaign.

As evening approaches, the army sends scouts to find and mark out a suitable site for a camp. Ideally, the army wants to set up camp while it is still light. For efficiency, the layout of the camp is the same each night. This means that the men will always be able to find their way around after dark.

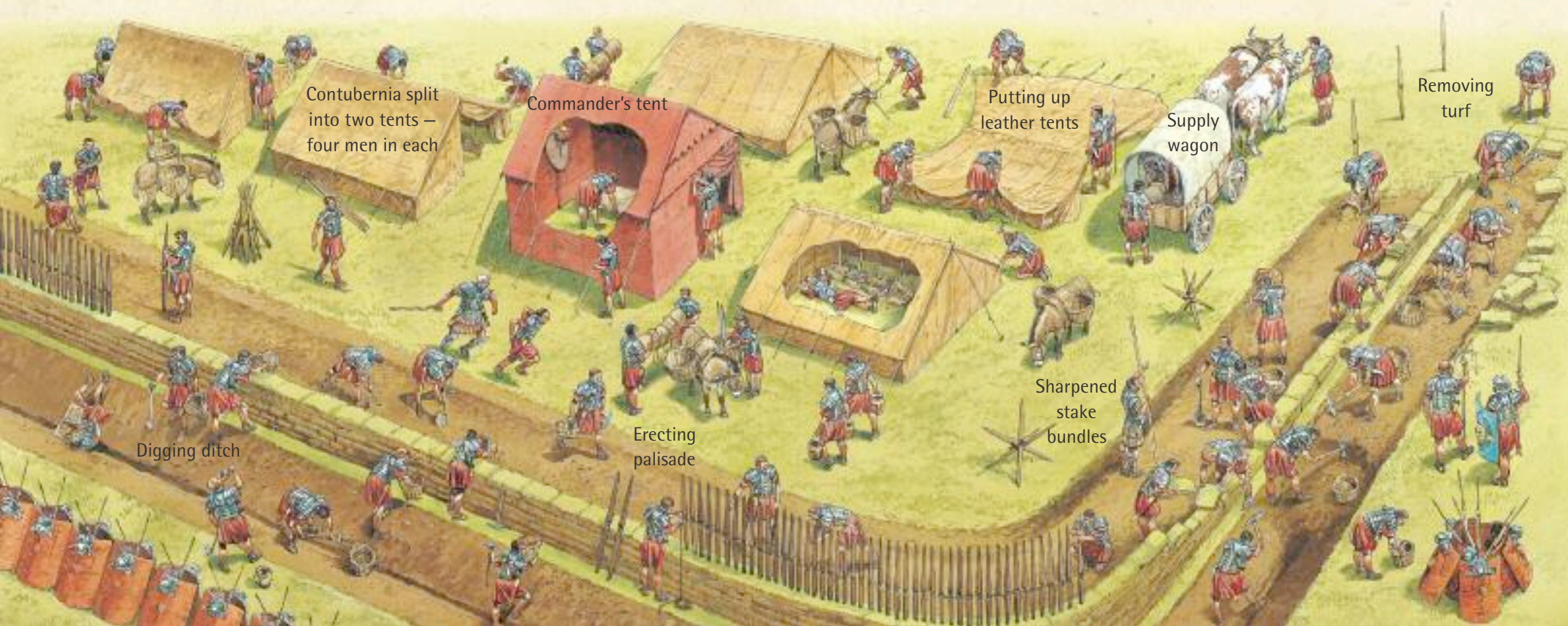
When the army plan to camp for several days, they make the camp secure by clearing turf and digging a defensive ditch around it. Ramparts are built from the turf, and a palisade of sharpened stakes are put on top of them. A margin of land lies between the tents and the ramparts. This keeps the soldiers out of the range of arrows from outside the camp, and provides a place for the soldiers to assemble for inspection.

For a temporary defence on overnight camps, barriers are created from bundles of sharpened stakes on the camp edge to deter intruders. After the camp has been set up, the cooks set to work — the men need to be well fed to march and fight.

▼ Legionaries carry their own supplies and equipment, including rations, a pick axe, weapons, a shield, a basket, drinking water, a cooking pan, a razor and a comb.



◀ When the army makes camp, shields and weapons are always kept ready in case of attack. You never know when unfriendly local barbarians will launch an attack.



▼ The fort is ideally located on high ground and close to a river. This can be used for fresh water and also to transport goods from place to place.



▼ Like the marching camp, the fort is laid out in a square or rectangular shape, with the most important buildings in the safest position, at the centre of the fort.



KEY TO PLAN

- Barracks
- Granary
- Commanding officer
- HQ
- Workshops

► The fort is well protected by a ditch, high earth ramparts and four heavily guarded gateways.

BUILDING A FORT

After conquering a new territory, the Roman army needs to keep it under control. They build a fort to protect the area. It is important that the fort is erected quickly, before the enemy forces regroup and attempt to win back their lands. A delay could result in heavy losses in this hostile land.

The fort will provide a permanent base for a unit of around 500 men. Surveyors, who travel with the army, choose a suitable site for the fort. This should be on high ground, forcing the enemy to climb a slope to make an attack. The ground is first levelled and cleared of trees and bushes. The surveyors then stake out the layout of the main roads and buildings.

Next, the fort's defences are constructed.

A group of men dig fortification ditches and strip turf from the whole area. The rubble and earth are used to build the ramparts. At the same time, other men collect timber for the buildings. The carpenters then start cutting the timber to shape.

The walls of the buildings are built in sections, which are fitted into place later. Each section has a wooden "skeleton" filled in with wattle (interwoven sticks) and daub (rough plaster). The walls are fixed to thick posts and given a coating of smooth plaster. They are painted to look like blocks of stone.

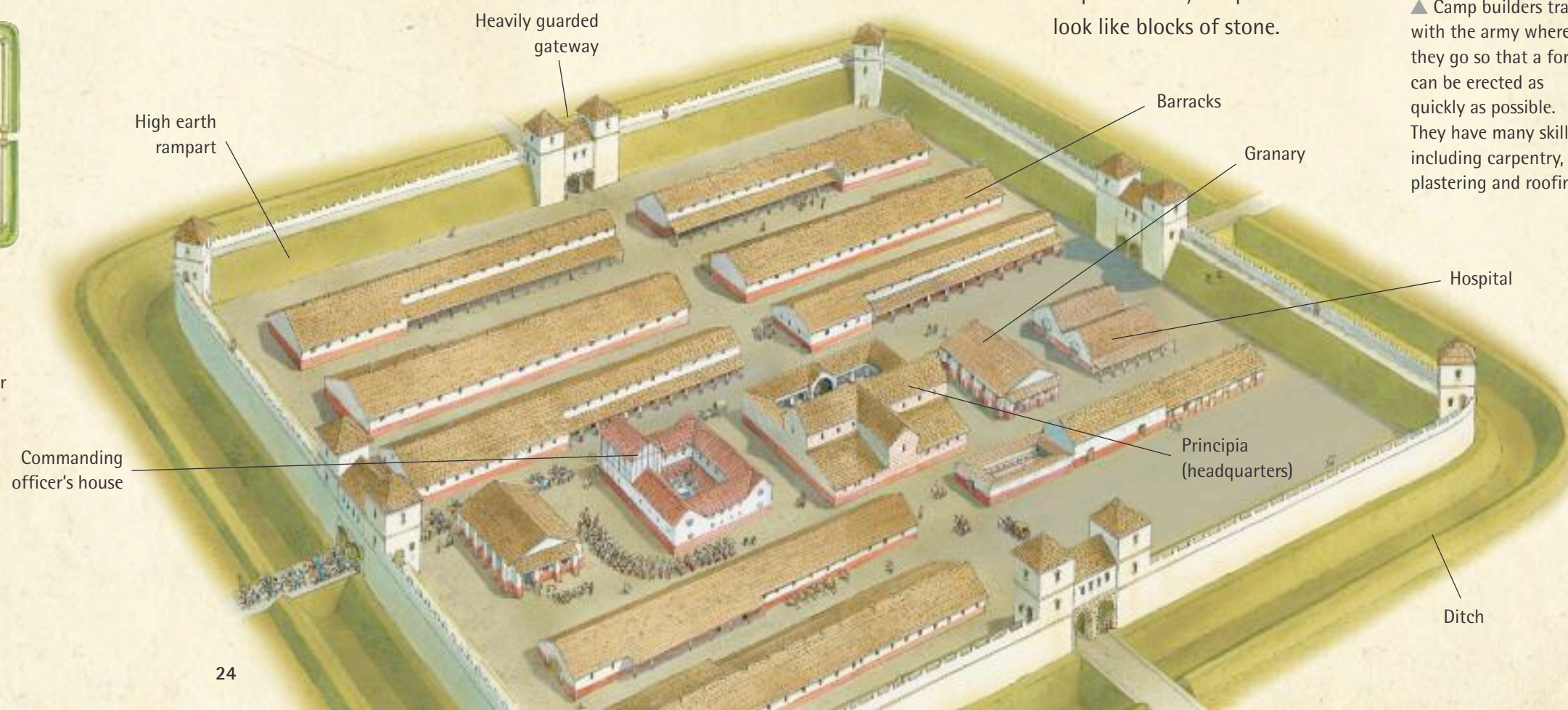


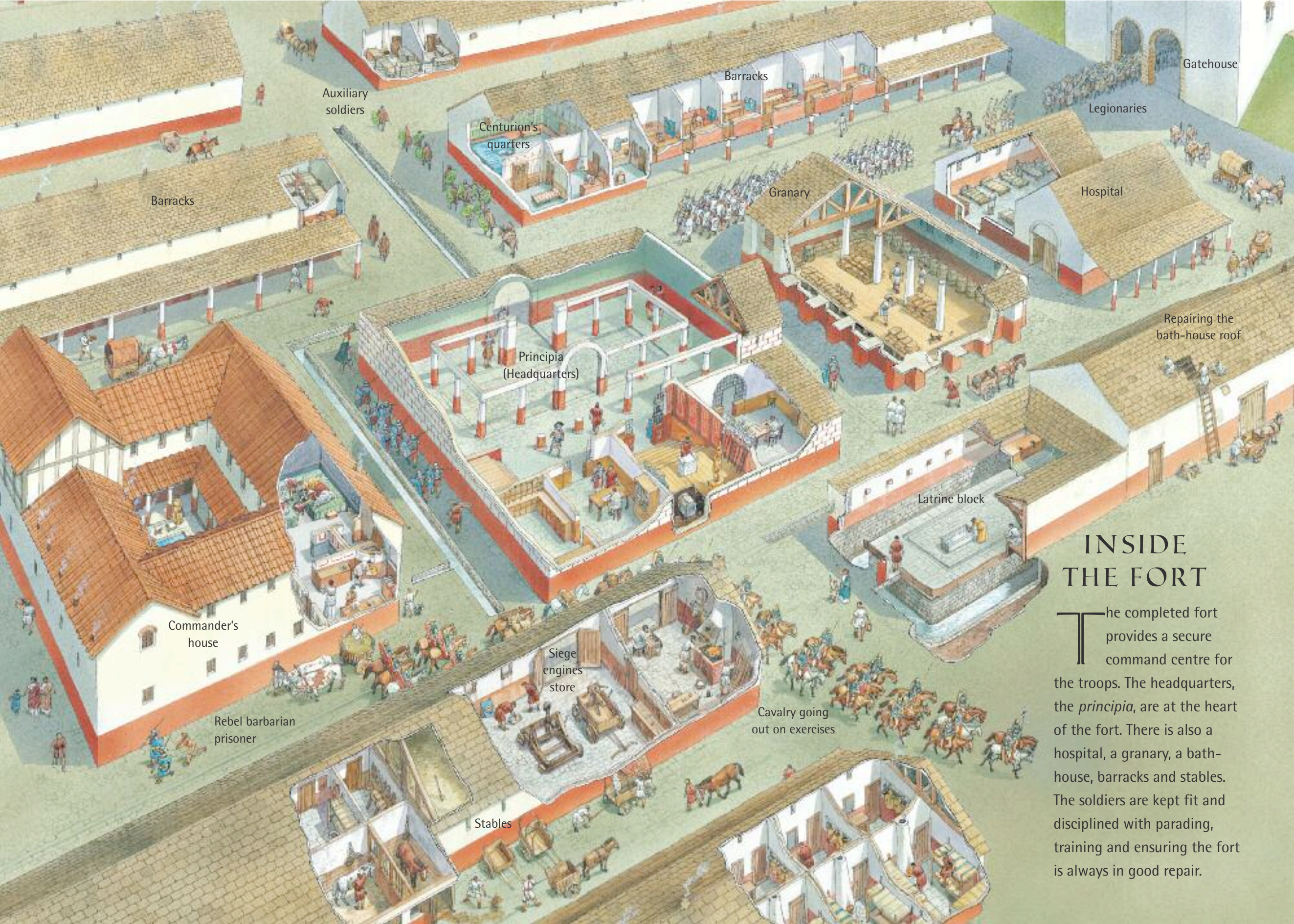
Plastering

Section of wall made of timbers and wattle

Carpenter working at trestle

▲ Camp builders travel with the army wherever they go so that a fort can be erected as quickly as possible. They have many skills, including carpentry, plastering and roofing.





Barracks

Auxiliary soldiers

Centurion's quarters

Barracks

Gatehouse

Legionaries

Granary

Hospital

Repairing the bath-house roof

Principia (Headquarters)

Latrine block

Commander's house

Rebel barbarian prisoner

Siege engines store

Cavalry going out on exercises

Stables

INSIDE THE FORT

The completed fort provides a secure command centre for the troops. The headquarters, the *principia*, are at the heart of the fort. There is also a hospital, a granary, a bath-house, barracks and stables. The soldiers are kept fit and disciplined with parading, training and ensuring the fort is always in good repair.

FAMILY LIFE

Legionaries were not permitted to have wives or families at the fort – it would distract them from their duties. But the camp commander and centurions were allowed this privilege.

▼ Centurions carry a vine stick to beat disobedient soldiers.



PUNISHMENT

If a soldier deserts, then ten of his century's soldiers were executed as punishment. This was to discourage men from acts of disobedience.

► Soldiers training to fight are supervised by a training officer and put against more experienced soldiers.

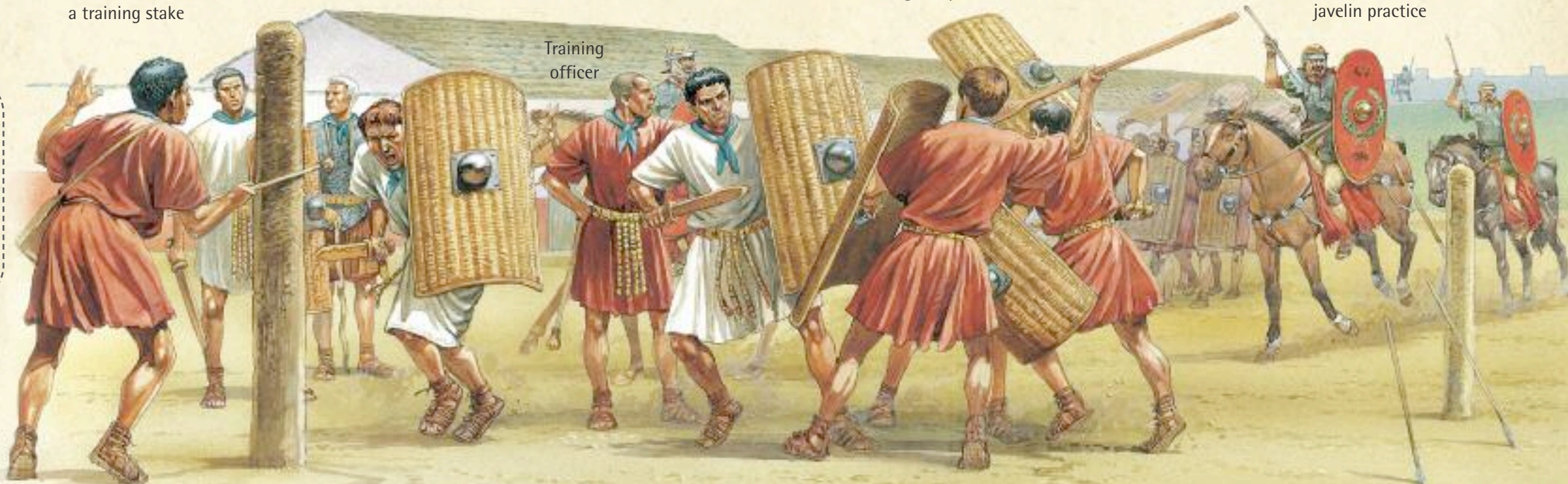
DAILY LIFE IN THE FORT

While they are in camp, the men must be kept busy. There is plenty to be done, and the men need to keep fit, disciplined and focused. There is a mix of experienced men and raw recruits in the legion. The trainees in particular need to use their time practising their fighting skills.

The men are lined up for inspection every morning (*right*). Centurions reprimand any legionary who is not properly dressed and equipped. Maintaining discipline is vital. Disobedience, incompetence and laziness are not tolerated. A centurion will beat any soldier who steps out of line.



Practising against a training stake



Recruits using training weapons

Cavalrymen at javelin practice

Each day starts with a morning report. All centurions present the camp commander with a written account listing how many men are available for work, and what tasks have already been given out. The camp commander discusses the duties for the day and divides them up between the centuries. Finally, he tells the centurions the day's password. This is to maintain security. Without the password, soldiers who leave the camp will not be allowed back in.



Legionaries train every day (*below*). New recruits are taught fighting skills and spend several hours a day in practice. Until they have learned proper control of their weapons they use wooden swords and practise moves against a training stake. They could easily injure each other if they used real weapons.

HOSPITAL

While the army was still putting down pockets of resistance, injuries were common. Medical aid in the camp hospital was basic. Wounds were cauterized (burnt to seal them) or sewn up, and broken bones were put in a splint.



If necessary, the surgeon would amputate badly injured limbs. The medical staff used wine to dull pain and herbal remedies to aid healing.

▼ Roman coinage is introduced to help integrate the province into the Empire.



Bronze sestertius



Gold aureus



Silver denarius

GOVERNOR

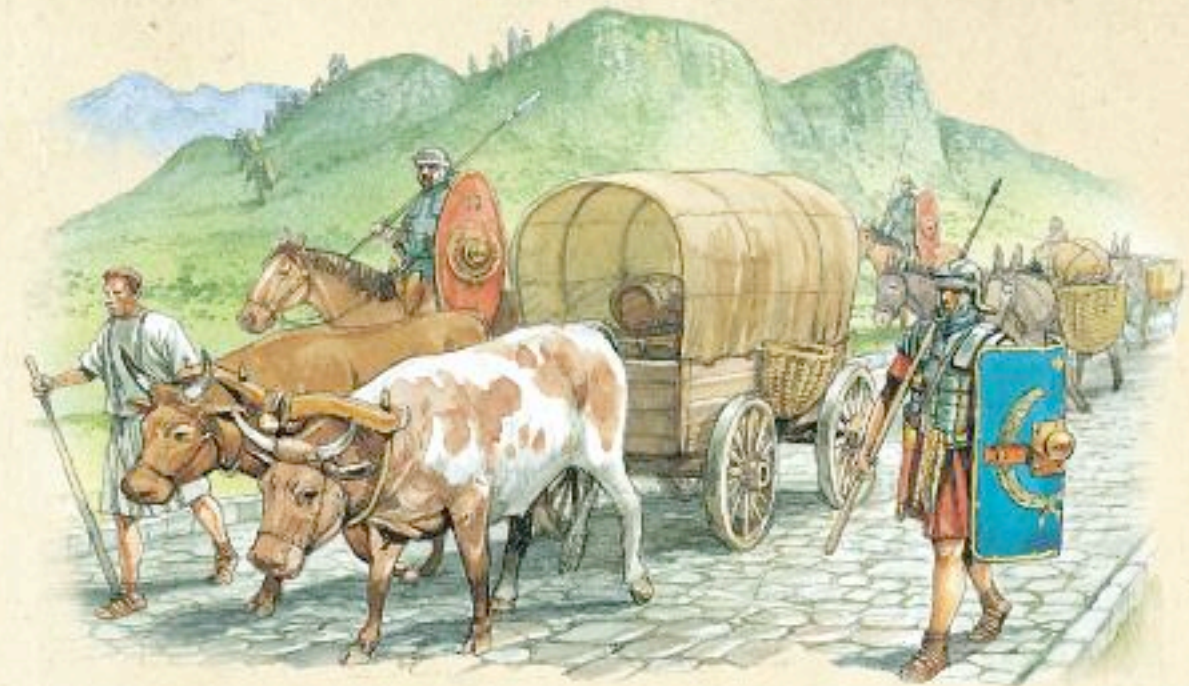
Victorious army leaders could become governors of their conquered provinces. As a governor, they would be rich and powerful. But they would be expected to govern wisely, keep the peace, collect fair taxes and build new, civilized towns for people to live in.

► The province governor receiving tax

4. RULING THE LAND TAXES AND TRADE

THE ROMANS do not waste any time in turning barbarian land into a civilized Roman province. One of the keys to the Empire's success is its tolerance. So the ruling Romans keep order, but let the people follow their own customs and religions.

Rome demands that all provinces pay tax — a proportion of their wealth. Some of this will go back to Rome, but some can be used to fund a local building programme. Romans assess the wealth of the land and the people so that they can pay a fair tax. Tax can be taken in coins, crops or goods.



It is essential that supplies can get to the province easily and safely. Road-building is the first step towards this (see page 38). If the local people are hostile they may attack supply trains, so these always have an armed guard (above).

In time, the Romans start to import valuable luxury items, such as wine and glass. The imports arrive by ship from all corners of the Empire. When they leave, they take away exports such as pottery, wool, copper, tin and slaves. A port is

built near the new town so that goods can be traded easily.



The new province will need slaves to serve in homes and in public places. The Romans have brought some with them but may have to get others from the local population.

▲ A supply convoy travelling along a newly-built road. Armed guards on foot and on horseback accompany the convoy to protect it in case it is attacked.



▲ Slaves are people bought at markets to work for their masters. They are mostly prisoners captured in battle.

▼ The town will need craftsmen, such as carpenters, smiths and potters. The Romans have brought some with them but integrate local people by encouraging them to set up businesses in the town as well.



MARKET TOWN

Farms are dotted in the countryside around the new town, providing plenty of food for the region. Farmers regularly bring their produce into town to sell in the market.

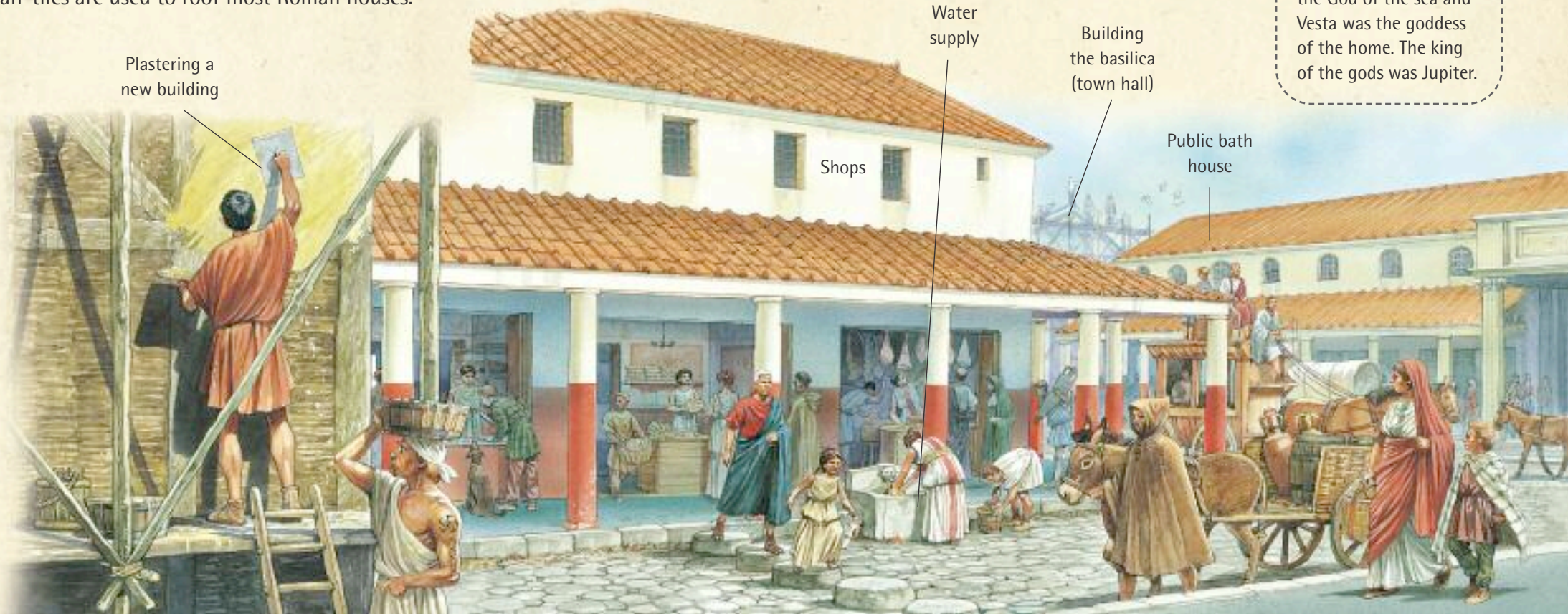
► Workers erecting buildings in the new town. Already, the town is busy with people selling their wares and buying food and drink.

BUILDING A TOWN

A building programme is started at once. Over time, the fort (see page 30) is expanded into a proper town. Money from taxes is used to construct public buildings such as a bath-house, a basilica (town hall), granaries and an amphitheatre.

The streets are laid out in an ordered grid pattern for ease of access, and paved so that they don't turn to mud in wet weather. Building a water and sewage system is another important part of bringing the Roman way of life to the province. Despite these, waste is still dumped into the street, so people use stepping stones to avoid getting too dirty.

Houses are often made of wattle and daub. That is, timber frames with panels of woven twigs between them (wattle). The panels are covered with plaster (daub), then painted. This is a quick and easy way to build. Curved red-pottery pan-tiles are used to roof most Roman houses.



The forum is the main market-place as well as the centre of government.

Apartments do not have kitchens so people buy cooked food from stalls in the town each day. Most apartments have no running water or toilets either, so people use public baths and lavatories, and fetch fresh water from public fountains on street corners.



Although the Romans let the local people follow their own religions, they build a temple (above) so that they can worship their own gods. Every day, Romans take offerings of food, flowers or money to their temple, which is kept by priests. Each Roman home also has a room, or shrine, dedicated to its household god — a god that looks after the house and its occupants.

THE GODS

The Romans worshipped many different gods and goddesses, believing that each one controlled a different aspect of their lives. For example, Neptune was the God of the sea and Vesta was the goddess of the home. The king of the gods was Jupiter.

VESUVIUS

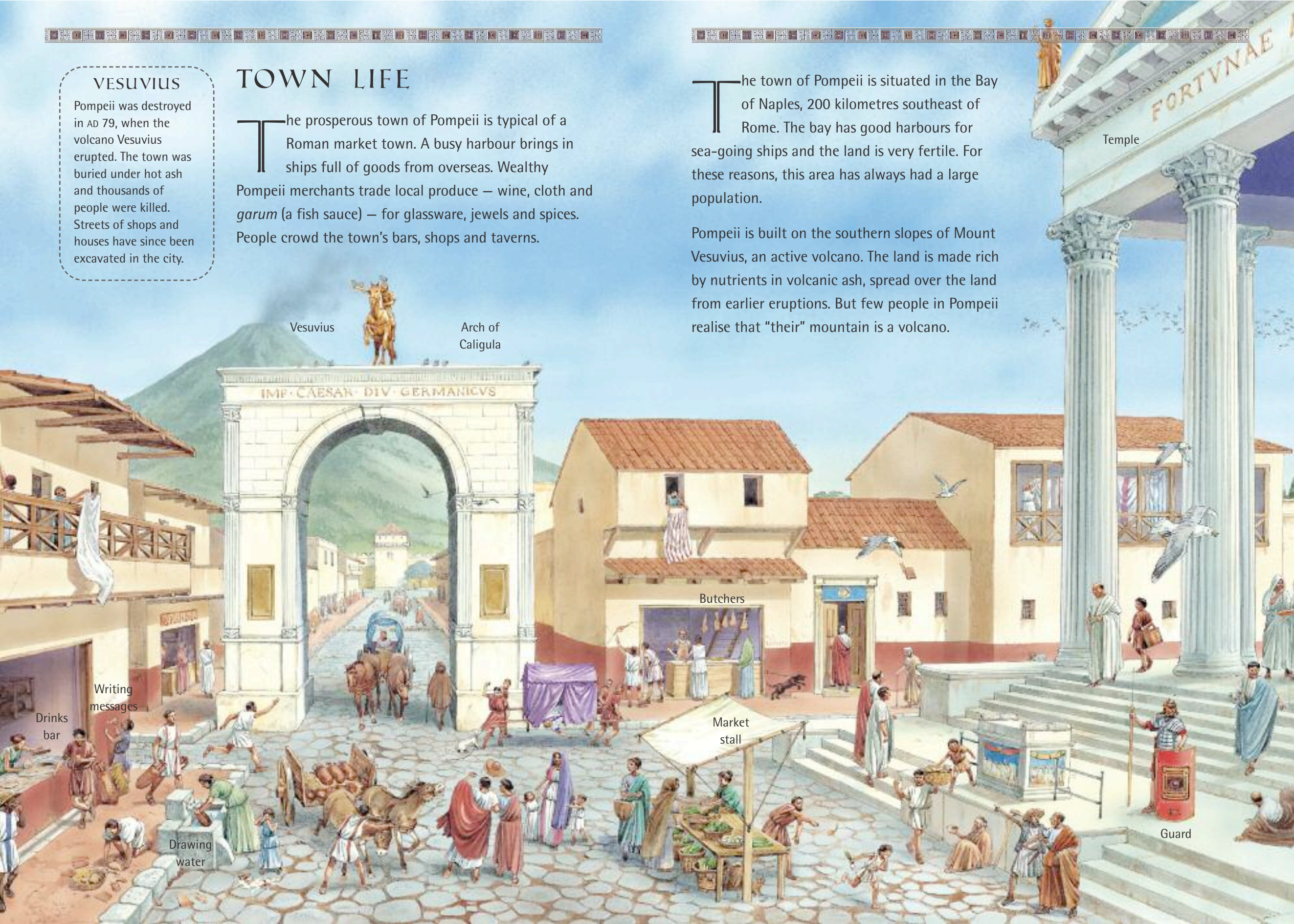
Pompeii was destroyed in AD 79, when the volcano Vesuvius erupted. The town was buried under hot ash and thousands of people were killed. Streets of shops and houses have since been excavated in the city.

TOWN LIFE

The prosperous town of Pompeii is typical of a Roman market town. A busy harbour brings in ships full of goods from overseas. Wealthy Pompeii merchants trade local produce – wine, cloth and *garum* (a fish sauce) – for glassware, jewels and spices. People crowd the town's bars, shops and taverns.

The town of Pompeii is situated in the Bay of Naples, 200 kilometres southeast of Rome. The bay has good harbours for sea-going ships and the land is very fertile. For these reasons, this area has always had a large population.

Pompeii is built on the southern slopes of Mount Vesuvius, an active volcano. The land is made rich by nutrients in volcanic ash, spread over the land from earlier eruptions. But few people in Pompeii realise that "their" mountain is a volcano.



Vesuvius

Arch of Caligula

Temple

Drinks bar

Writing messages

Drawing water

Butchers

Market stall

Guard

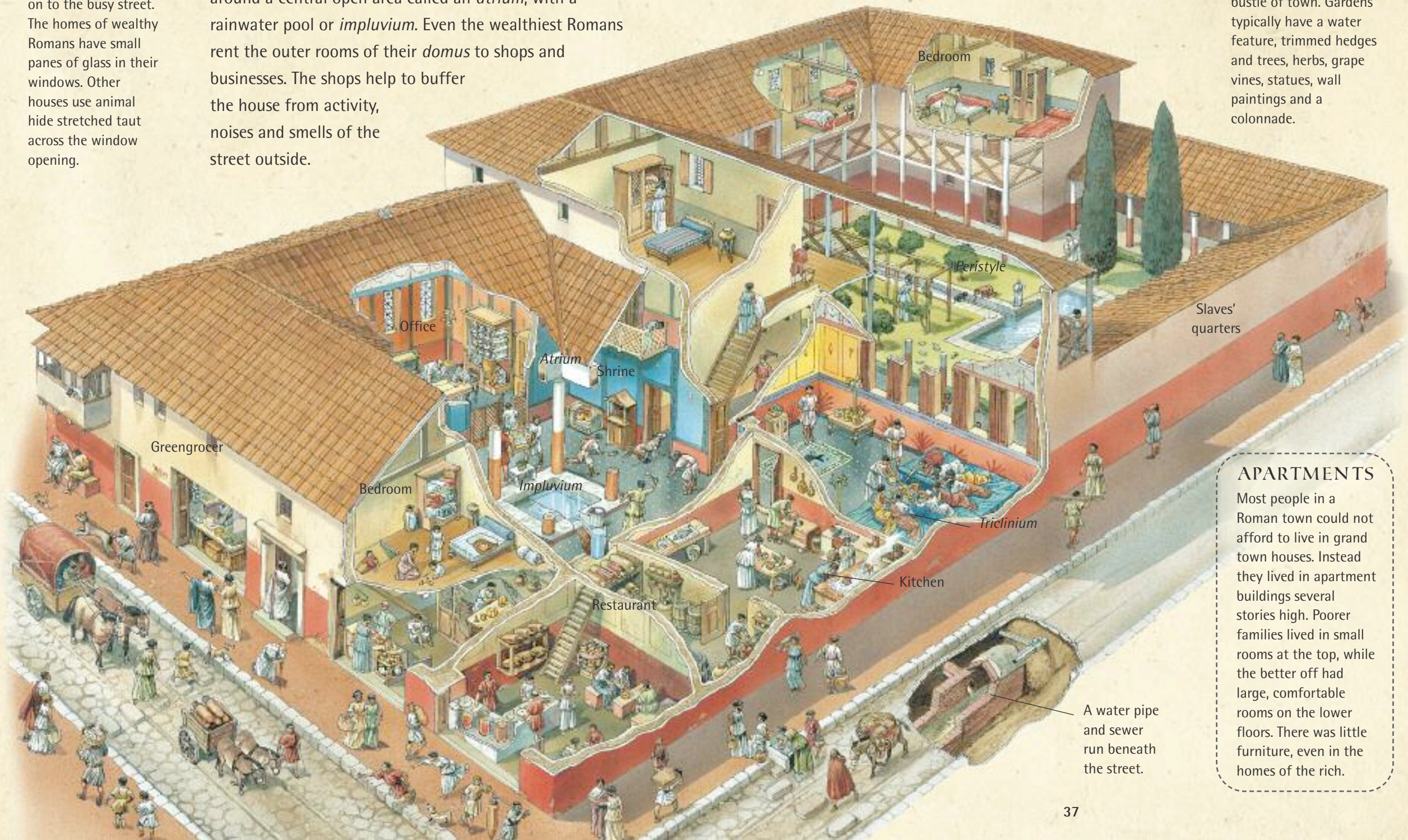
A DOMUS

▼ Town houses have few windows or doors on to the busy street. The homes of wealthy Romans have small panes of glass in their windows. Other houses use animal hide stretched taut across the window opening.

Even in the provinces, a *domus* (town house) is a splendid affair. Although plain on the outside, the inside is richly decorated and furnished. The rooms are arranged around a central open area called an *atrium*, with a rainwater pool or *impluvium*. Even the wealthiest Romans rent the outer rooms of their *domus* to shops and businesses. The shops help to buffer the house from activity, noises and smells of the street outside.

Families rich enough to live in a *domus* have lots of slaves to keep things running smoothly. The slaves cook, clean, garden and look after the children, leaving the family with plenty of spare time to enjoy their surroundings.

▼ The richest houses have a peaceful walled garden, or *peristyle*, where the owners can relax and entertain guests, away from the bustle of town. Gardens typically have a water feature, trimmed hedges and trees, herbs, grape vines, statues, wall paintings and a colonnade.



APARTMENTS

Most people in a Roman town could not afford to live in grand town houses. Instead they lived in apartment buildings several stories high. Poorer families lived in small rooms at the top, while the better off had large, comfortable rooms on the lower floors. There was little furniture, even in the homes of the rich.

OPENING HOURS

Women had use of the baths in the morning so that men could use them after work. Entrance was easily affordable and free for children.

BATH-HOUSE

Most towns have public baths that anyone can visit. Besides a way of keeping clean and healthy, visiting the baths is an opportunity to meet friends and make conversation.

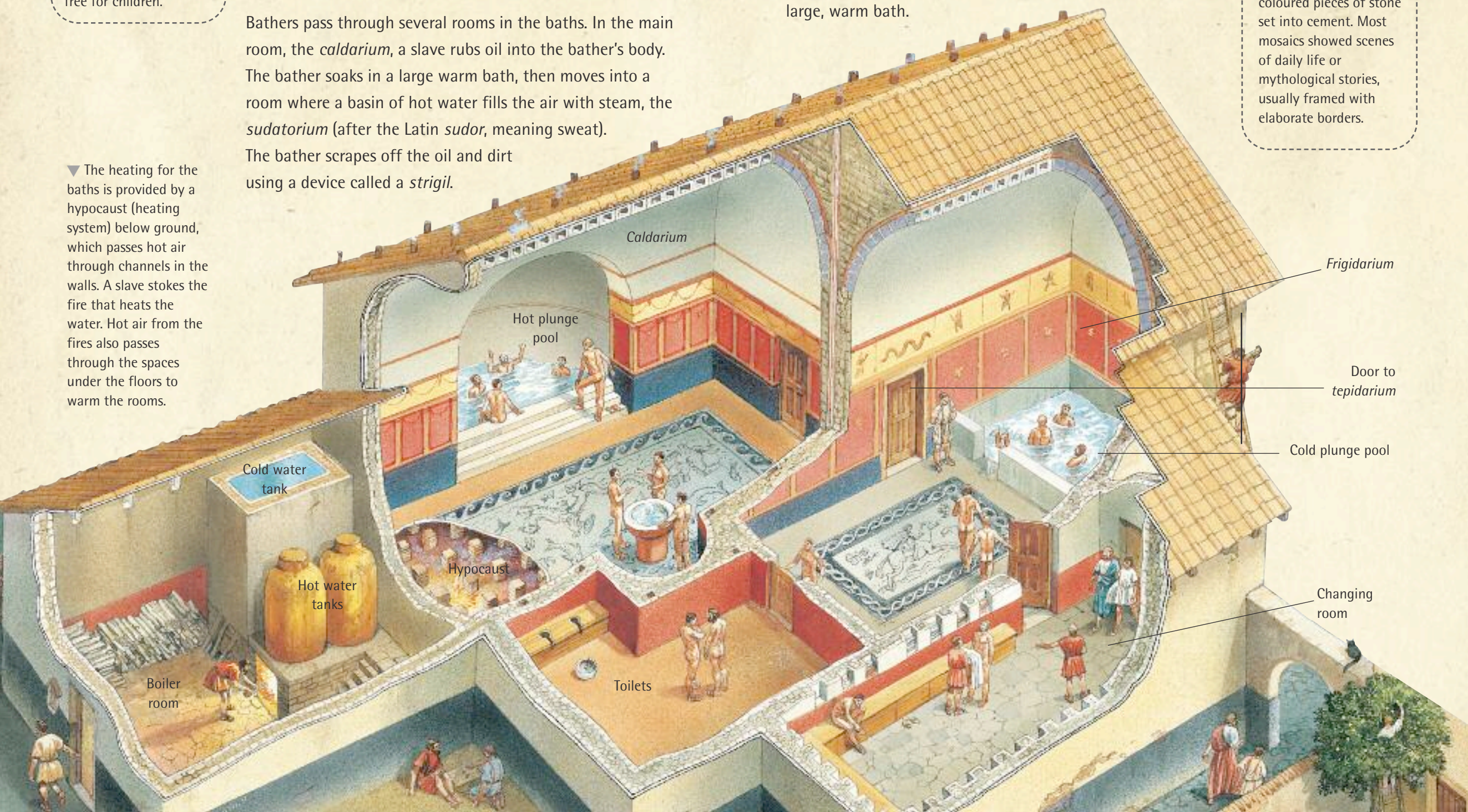
Bathers pass through several rooms in the baths. In the main room, the *caldarium*, a slave rubs oil into the bather's body. The bather soaks in a large warm bath, then moves into a room where a basin of hot water fills the air with steam, the *sudatorium* (after the Latin *sudor*, meaning sweat). The bather scrapes off the oil and dirt using a device called a *strigil*.

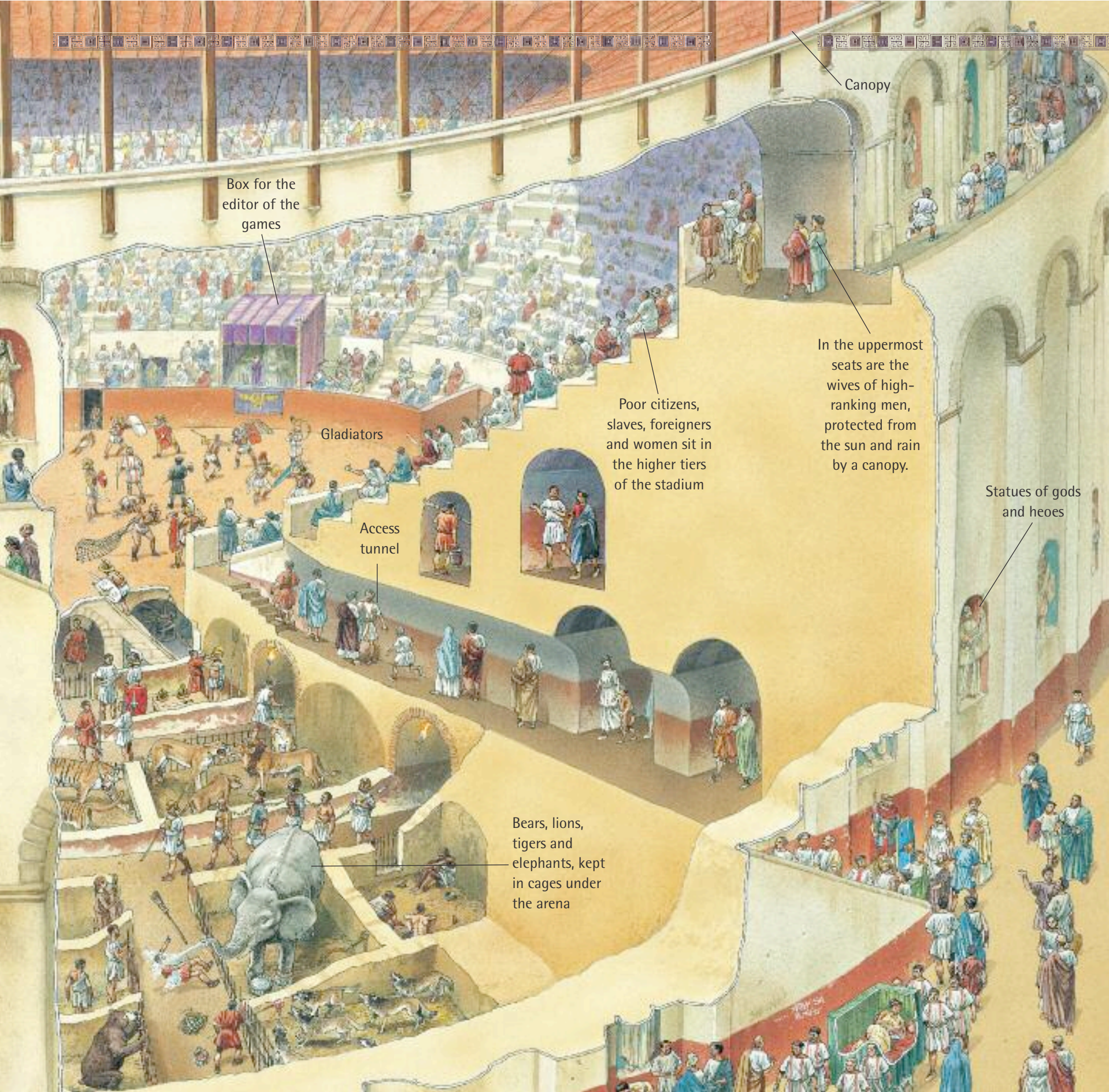
▼ The heating for the baths is provided by a hypocaust (heating system) below ground, which passes hot air through channels in the walls. A slave stokes the fire that heats the water. Hot air from the fires also passes through the spaces under the floors to warm the rooms.

After the *caldarium*, bathers go into the *tepidarium*, to cool off before entering the *frigidarium*, where there is a cold bath to plunge into. Some people do vigorous exercise at the gym (the *sphaeristerium*) before visiting the baths. In between the stages of bathing, people sit and chat or swim in the large, warm bath.

MOSAICS

The floors of bath-houses and wealthy Romans' homes were decorated with mosaics — decorative patterns or pictures made from coloured pieces of stone set into cement. Most mosaics showed scenes of daily life or mythological stories, usually framed with elaborate borders.





AMPHITHEATRE

Most large Roman towns have an amphitheatre — a large stadium where games are held. The main event at the games are contests between gladiators. Gladiators are men trained to fight purely for public entertainment. Some of them are volunteers who agree to fight for prize money. But many are slaves, condemned criminals or prisoners of war.

Each gladiator has his speciality. A samnite carries a sword and a large shield, and wears a helmet with a visor. A thracian has a curved dagger and a small shield. A gladiator who carries a net which he uses to trap his opponent is a retarius. A myrmillo wears heavy armour, while a lightly armed fighter who chases his opponent is called a secutor.

Gladiators do not always fight to the death. If they fight well enough, they might even be given their freedom.



▲ A myrmillo and a retarius fight in the arena

ENGINEERING

▼ An aqueduct is under construction. Supplies are brought in by barge or by bulls or donkeys. Heavy building materials are shifted using a crane.

A fresh water supply and good roads are essential for the new settlement. Wherever they go, the Romans build aqueducts to carry water from rivers or lakes to their towns. Most carry water at ground level or through underground pipes, but some cross valleys, supported by large stone arches.

The river selected must be higher than the town so that the water will flow downhill. If the pipeline needs to cross a valley, an aqueduct will be constructed to support it. This needs to be engineered to maintain the downhill flow to the town.

Wooden scaffolding
Plastering finished arches

Crane for lifting building materials

Timber arch support

Workshop

Treadmill to power crane



▲ When the route has been decided, soldiers and slaves dig a wide trench, stamp it down and level it with a layer of sand. The ditch is then infilled with stones and clay and edged with slabs.



▲ The top layer of the road is finished off with flat slabs. The final surface is slightly curved so that rain will run off it and ditches are dug on the side of the road to drain the water away.

Roman roads are planned by surveyors who travel with the army. Good roads enable soldiers and messengers to make quick progress in all weather. Roads are planned to take the shortest route and to be as straight as possible. A team of men can build about 300 metres of road a day.

▼ Surveyors use an instrument called a *groma* to mark right angles. It is made of a wooden pole with a flat cross from which small weights are hung. A surveyor will position the *groma* so that two of the strings are aligned. He then directs an assistant to place poles in line with the strings, thus marking out a straight line.

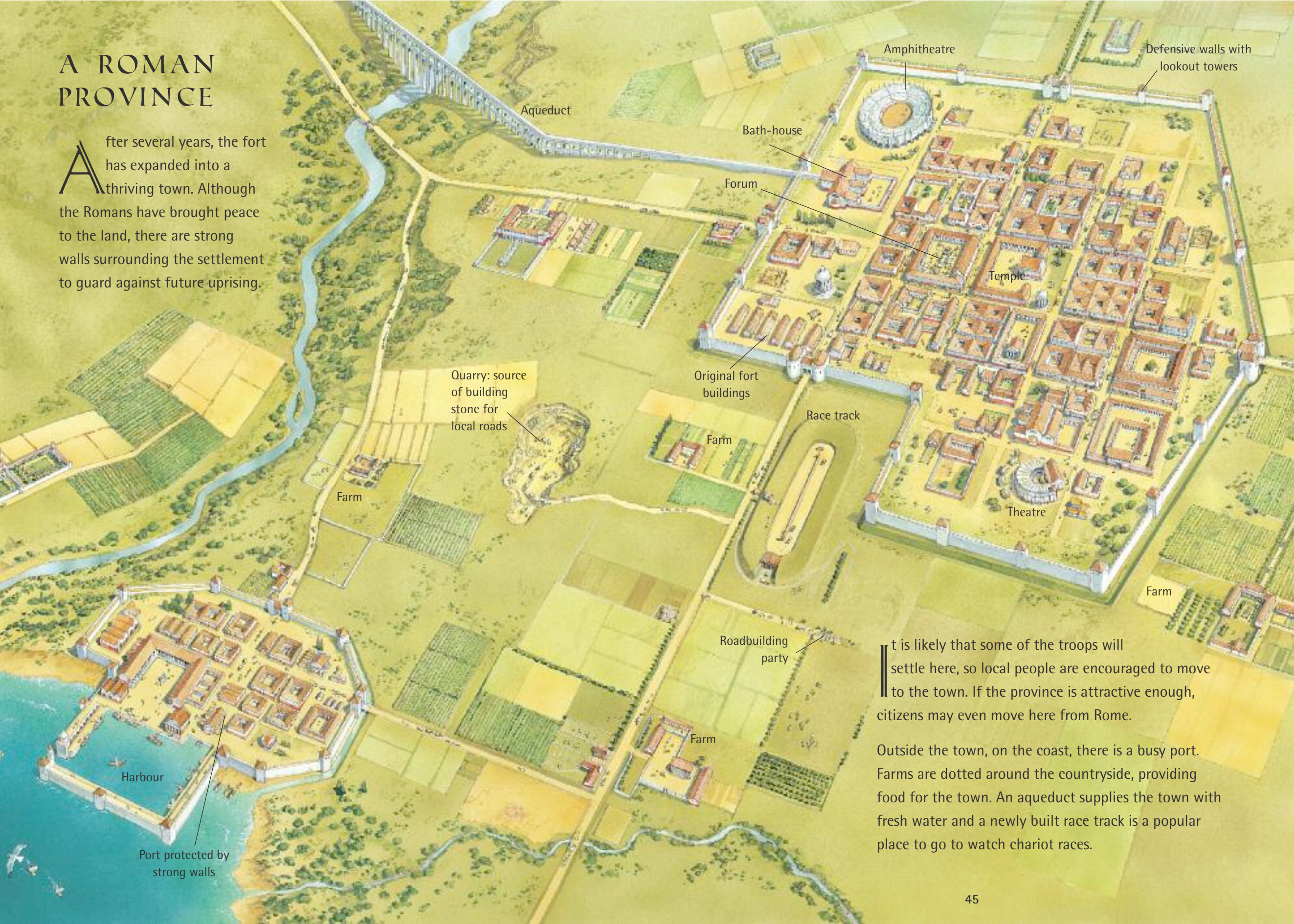


QUICK MARCH

Walking on well-built roads, the Roman army could march about 30 kilometres a day.

A ROMAN PROVINCE

After several years, the fort has expanded into a thriving town. Although the Romans have brought peace to the land, there are strong walls surrounding the settlement to guard against future uprising.



It is likely that some of the troops will settle here, so local people are encouraged to move to the town. If the province is attractive enough, citizens may even move here from Rome.

Outside the town, on the coast, there is a busy port. Farms are dotted around the countryside, providing food for the town. An aqueduct supplies the town with fresh water and a newly built race track is a popular place to go to watch chariot races.

GLOSSARY

Amphitheatre A place where Romans went to watch entertainments. Usually roughly circular or semicircular with the stage in the centre and seats on raised steps all around.

Aqueduct A system of pipes and channels which brought clean water into towns from natural springs and rivers.

Barbarian A person who lived outside the Roman Empire. Barbarians were regarded by the Romans as rough and uncivilized.

Basilica A large public building, often built in the town's central square, where important local business was carried out – much like a modern town hall.

Chariot A cart with two wheels pulled by horses. The Romans used chariots for transport and racing.

Centurion Commanding officer of a century.



Century Army unit of 80 men (10 contubernia).

Cohort Roman infantry unit. Usually six centuries, 480 men. See **prima cohort**.



Contubernium A basic army unit of eight men.

Cuirass Leather or metal body armour worn by Roman soldiers. It was made of several strips joined together to make it more flexible than a single piece.

Denarius A silver coin. In the first century AD a legionary was paid 225 *denarii* a year.

Empire The lands and people controlled by Rome for about 400 years from 27 BC. The Empire was ruled by an emperor.



Forum An open space in the middle of a town where markets were held. It was also a popular meeting place.

Gladiator A slave, criminal or prisoner of war trained to fight other gladiators and animals in arenas for the entertainment of the people. Gladiators sometimes fought to the death. After many victories gladiators might be given their freedom. A very few gladiators were actually women.

Governor The ruler of a Roman province. Sometimes a high-ranking soldier would become governor of a province.

Hypocaust A central-heating system using hot air from a furnace forced through channels under floors and within walls. It was used to heat bath-houses.



Latin The official spoken and written language of the Roman Empire. It is not spoken today, but there are many words of Latin origin in modern European languages, such as English, French, Italian and Spanish.

Legion The largest unit of the Roman army made up of 6000 men.



Mosaic A decorative pattern or picture made from coloured pieces of stone, pottery or glass set into cement. Mosaics were often used to decorate floors.

Phalerae Disc-shaped medals worn by centurions on leather straps on their chest.

Prima cohort The largest cohort in a legion made up of ten centuries (800 men).

Republic Rome between 509 and 27 BC ruled by the Senate.

Senate A group of important men who helped govern both the Republic and the Empire.

Slave A person sold to another to work for them for free. Slaves had no rights, but could be granted their freedom – for instance for long service – by their masters.

Testudo A military formation where soldiers protected themselves with their shields.

Villa A large house in the countryside.



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